



## Public Health Brief

**Richard O. Johnson, M.D., MPH**

Public Health Officer

Office: 530-694-2146, Ext 249

e-mail: [rjohnson@alpinecountyca.gov](mailto:rjohnson@alpinecountyca.gov)

**Nichole Williamson**

HHS Director

Office: 530-694-2235

24/7/365 Emergency Contact Number

Dispatch: 530-694-2231, Ext 330

Warm Line: 530-694-1011



Wednesday September 2, 2020

## Mask Challenge - and Advice

If you do not wear a mask during this COVID-19 pandemic, **I would love to hear from you!** My goal is to understand why you feel that way, and why you have decided that wearing a mask is not for you. I invite you to call the **Warm Line at 530-694-1011** and **anonymously** share your thoughts with me.

Here is a sample of reasons I have heard so far. Let me know your thoughts.

1. I shouldn't be forced to wear a mask.
2. I don't think the coronavirus is as big a threat as "they" make it out to be.
3. I worry about the health risks of wearing a mask.
4. I don't think wearing a mask works – it just gives people a false sense of security.
5. I worry that if I wear a cloth face covering out in public, other people will think I am infected with the Coronavirus.
6. If everyone else wears a mask, then it doesn't matter if I do or not.
7. Face masks disrupt my breathing.
8. Face masks cause me to overheat.
9. Face masks provide few health benefits.
10. Face masks are unsafe because they force you to touch your face.
11. There is nowhere for me to buy the proper type of face mask.
12. Face masks are too expensive.
13. I forget to wear a face mask when going out.
14. Wearing a face mask is too much of a hassle.
15. I don't wear face masks because I don't like how I look in them.
16. Face masks make people seem untrustworthy.
17. I do not wear face masks because I want to prove a point against authority.



**Public Health**  
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: vacant, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

# Which Masks Are Best for COVID-19?

 <b>Best</b>		 <b>Good</b>	 <b>Not recommended</b>		
 Surgical mask		 Single-layer cloth mask	 Knitted mask	 Mask with vents	 Folded bandana
 <b>Good fit</b> Can be secured over nose, behind ears or around head, and under chin		 <b>Lower thread count</b> cotton, silk, linen, polyester	 <b>Poor fit</b> Noticeable gaps, holes or vents	 <b>Unbreathable material</b> such as plastic or leather	 <b>Overly porous material</b> such as nylon or fleece
 <b>Tightly woven</b> or high thread count cotton or cotton blend					

**COVID-19**



More info at  
[PreventEpidemics.org](https://www.PreventEpidemics.org)

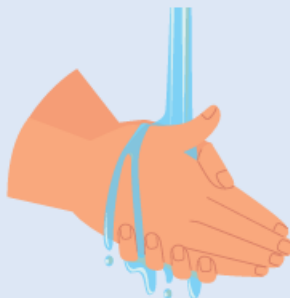
#KnowCOVID  
#PreventEpidemics

## 3 W's to reduce risk of COVID-19

### Wear a mask



### Wash your hands



### Watch your distance



**Public Health**  
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120  
Alpine County Board of Supervisors, Phone: (530) 694-2281  
District 1: vacant, District 2: Ron Hames, District 3: Katherine Rakow,  
District 4: Terry Woodrow, District 5: David Griffith